



HOTSHOTS... for the Gilbert Fire Department Volunteers

Volume 4, Issue 4

April 2011

Kim's Corner

By Kim Yonda
GFD Volunteer Coordinator

Each year I look forward to April. It is the time many organizations throughout the country pay tribute to the millions of Volunteers who share their time and talents. The past few months I have noticed more individuals in many communities actively making a difference. When you are out in the community, please take a minute to recognize the individuals who are lending a hand, they may be Volunteers. Volunteers are at our fire and police departments, hospitals, libraries, parks, churches, zoos, schools, and non-profit organizations. They are everywhere, passionate about helping others. National Volunteer Week is April 10 to 16. I encourage each of you, when encountering a Volunteer, to take a moment and thank them for their service.



I am excited that this year we host the Second Annual Citizen Corps Symposium in Gilbert, from April 14 to April 16. The Symposium classes are filling fast, but we still have a few spaces available. I hope you have submitted your registrations. This is a great format to receive training and network with other Volunteers. This year our keynote speaker is Ava Diamond; she gives people the inspiration and tools they need to take their lives and their businesses to the next level. I hope you can join us for her presentation, Is Your But Too Big?

Gilbert Fire Volunteers, are you ready to celebrate YOU? We sure are! Mark your calendars for this year's Volunteer Appreciation and Awards Event on April 30th, at 7:00PM. Invitations with event details will be arriving in the near future. GFD members and Volunteers please know that this week, nominations will open for our Annual Volunteer Awards! Please be sure to watch your e-mail for information about how to nominate a Volunteer for an honor. We have a variety of categories, and yes this year the Golden Plunger Award returns!

Volunteers bring a special light to our world, thank you.

Reviewing CERT

By Johnna Switzer
GFD Volunteer

This month we continue to review basic CERT, focusing on Fire Safety. Those Volunteers who are not affiliated with CERT should please feel free to take the quizzes too. Much of the material is relevant to the Volunteers who are classified as emergency workers. That's all of us! Please read the scenario and answer the questions based on that information.

Ben and Kate are two CERT members assigned to light Search and Rescue in an office building after a minor earthquake. First they assess the situation to determine that it is safe to enter the building and to make sure they can quickly and safely exit if necessary. The conditions check out, so they enter the building to search for injured victims.

1. Inside, in one of the offices, they see a small fire in a wastebasket. Before they take any action they need to consider their own safety. If they decide to put out the fire, are they prepared to escape from the area if anything goes wrong?
 - a. Yes
 - b. No
2. Ben finds a portable fire extinguisher rated for Class A, B, and C fires still securely mounted on the wall near the door of the office. Should he and Kate consider using it to put out the fire?
 - a. Yes
 - b. No
3. Kate checks the label on the extinguisher which indicates that its capacity is 3A, 20-B:C. Is the extinguisher large enough for the fire in the wastebasket?
 - a. Yes
 - b. No
4. Ben and Kate quickly scan the area near the wastebasket and see that containers of cleaning products have fallen out of an over-counter cabinet nearby. Several of the containers appear to be damaged, and liquid has spilled out of them onto the floor a few feet from the wastebasket. What should Ben & Kate do next?
 - a. Extinguish the fire in the wastebasket and then clean up the spilled cleaning products
 - b. Clean up the spilled cleaning products, and then extinguish the fire in the wastebasket
 - c. Call their team leader for back-up
 - d. Leave the building immediately

Answers:

1. a. (determined it was safe to go in & that they could quickly & safely exit)
2. a. (would be effective on wastepaper basket fire)
3. a. (3 ³/₄ gallons for Class A which should be adequate)
4. d.



72-Hour Kits

Because of recent events in Japan, we have been hearing that much of that population had "earthquake kits." These kits include important papers, emergency food, water, lighting, radios, basic first aid items, and sanitation and shelter supplies. As part of our initial CERT classes, we were informed of the basics for preparing our own kits as recommended by the U.S. government. Spring is a great time to pull that list out again and update our own supplies.

According to the FEMA website, we may need to survive on our own after a disaster. This means having our own food, water, and other supplies in sufficient quantity to last at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. We could get help in hours, or it might take days. Basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer. Or, we may have to evacuate at a moment's notice, and take essentials with us. We would probably not have the opportunity to shop, or search for the supplies we need.

A Disaster Kit is a collection of basic items that members of a household would need in the event of a disaster. It should contain at least a three day supply of water, and at least one gallon of water a day for each person should be stored. A normally active person needs at least one half gallon of drinking water daily.

Additionally, in determining adequate quantities, take the following into account:

- Individual needs vary, depending on age, physical condition, activity, diet, and climate.
- Children, nursing mothers, and ill people need more water.
- Very hot temperatures can double the amount of water needed.
- A medical emergency might require additional water.

To prepare the safest and most reliable emergency supply of water, it is recommended you purchase commercially bottled water. Keep it in its original container, and do not open it until you need to use it. Take note of the expiration or "use by" dates.

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of Sterno. Select food items that are compact and lightweight. Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.

- Ready-to-eat canned meats, fruits and vegetables, canned juices, milk, and soup. If the soup is powdered, store extra water, and be sure to include a manual can opener.
- Staples--sugar, salt, pepper
- High energy foods--peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Foods for infants, elderly persons, or persons with special dietary needs
- Comfort/stress foods--cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

Cont →

Assemble a first aid kit for your home and one for each car.

A first aid kit should include:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Sunscreen
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

If you live in a cold climate, you must think about warmth. It is possible that you will not have heat. Include at least one complete change of clothing and footwear per person.

- Jacket or coat
- Long pants
- Long sleeve shirt
- Sturdy shoes or work boots
- Hat, gloves and scarf
- Rain gear
- Thermal underwear
- Blankets or sleeping bags
- Sunglasses
- Toilet paper
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Mess kits, or paper cups, plates and plastic utensils
- Portable, battery-operated radio or television and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister, ABC type
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

Remember family members with special needs, such as infants and elderly or disabled persons.

- For Baby
 - Formula
 - Diapers
 - Bottles
 - Pacifiers
 - Powdered milk
 - Medications
- For Adults
 - Heart and high blood pressure medication
 - Insulin
 - Prescription drugs
 - Denture needs
 - Contact lenses and supplies
 - Extra eye glasses
 - Hearing aid batteries
- Important Family Documents
 - Keep these records in a waterproof, portable container.
 - Will, insurance policies, contracts, deeds, stocks and bonds
 - Photo IDs, passports, social security cards, immunization records
 - Bank account numbers
 - Credit card account numbers and companies
 - Inventory of valuable household goods, important telephone numbers
 - Family records (birth, marriage, death certificates)
 - Photocopies of credit and identification cards
- Cash and coins
- Entertainment--games and books



Cook & Ladder

Recipe submitted by Engine 245 C-shift

Crock-pot Pork Tenderloin

1. Prepare a salad with the fixings you enjoy.
2. Put a 1 to 3 lb. pork tenderloin a crock-pot with a small amount of water
3. Add a twelve oz. jar of salsa, and
4. 1 cup brown sugar

Cook in a crock-pot, all day, on LOW
Shred the meat and simmer it in the sauce
Serve on top of the salad

Add Jalapenos or other spices according to taste



Photo: Wikimedia

You've Been Spotted

Thank you for doing something great!

Katharine Keller
Brandon Siebert



You are appreciated!

A Little Laugh

Why doesn't glue stick to the inside of the bottle?

Applause! Applause! Applause!



**Mesa Fire Department
Fire Administration**
An Internationally Accredited Fire Department



March 7, 2011

Ms. Kim Yonda
Lead Volunteer Coordinator
Gilbert Fire Department
85 E. Civic Center Drive
Gilbert, Arizona 85296

Dear Kim,

Thank you for the assistance of your CERT volunteers and the Community Assistance Program volunteers at the funeral services for Mesa Firefighter Tim Rawe. The services you provided at the reception and with logistics was appreciated very much.

Please thank the following individuals:

CERT

Ralph Cullio
Elena Finelli
Sonja Grosch
Gerhardt Obrikat
Pauline Senra

Community Assistance Program

Jeff East
Dianna Erickson

The Mesa Fire Department is truly grateful for their hard work and giving of their time.

Sincerely,



Harry Beck
Fire Chief

A CARD MAKING EVENING

By Katharine Keller
GFD Volunteer

Would you like an entirely enjoyable evening, while at the same time helping out fellow Volunteers? On Tuesday, April 19, we will again create handmade greeting cards, to be used as occasions come up in the lives of GFD Volunteers. This event will be at the home of Johnna and Jon Switzer from 6:30 to 9:00 PM. Johnna and Jon are splendid and fun hosts. If you have scrapbooking equipment, stickers, etc. you are welcome to bring them. However, materials will be available. If you wish to join this group of “handy” folks, please let Kim Yonda know at (503-6325) and she will send you directions to the Switzer’s home.

Second Annual Citizen Corps Symposium

Friday – Saturday, April 15th and 16th, 2011

Seville Golf and Country Club
6683 S Clubhouse Drive
Gilbert, AZ 85297

Welcome

New GFD Volunteers

Craig Jones	Brian Benson
Tom Ahmann	Jack Kukkola
Derrick Balius	

G.F.D.V.I.P.



Congratulations to Gilbert Fire Department's Very Important Person for April, Johnna Switzer, who has been Volunteering with the Gilbert Fire Department since 2005! While Johnna currently is a Volunteer with CERT and Fire Corps, she has also shared her time with the House of Refuge, Gilbert Leadership, and Casting for Recovery. Her Volunteering philosophy focuses on the importance of giving back to a community for everything you have received throughout your life.

Johnna moved to Arizona from Long Beach, California when she married her dapper husband Jon in 1994. Family is important to Johnna. She is blessed with two step children, and enjoys visiting with her brother from Palm Springs. Johnna and Jon also enjoy their two cats, JJ, and Tiffany, and they love spending their summers in Pinetop, AZ, where the weather is cool.

Johnna is a retired Registered Nurse, and she was part of the nursing faculty, and taught at Mesa Community College. With her busy Volunteer schedule she still manages to find time to nurture her crafts, reading, and fly fishing hobbies. She is a college basketball fan, and one day hopes to attend the NCAA Final Four when, of course, Arizona is playing for the championship.

Johnna's favorite book is *Annie Freeman's Fabulous Traveling Funeral*, by Kris Radish. It is the story of five women who have nothing in common but one extraordinary friend whose final request—a traveling funeral—helps the women to become the empowered individuals they were meant to be. Johnna states it is “full of laughter and tears—a book you cannot put down.”

Johnna feels that her greatest achievement is winning her fight with breast cancer. “It (the cancer) gave me a new outlook on life. I have learned to not let little things bother me, to not be afraid to try new things, and to celebrate all the blessings in my life every day.”

Johnna's motto is “Live each day out loud!” The qualities she admires most in people are honesty, integrity, and sincerity. The next time you see this great member of our team, be sure to say hello, and “I saw you in HotShots!”

HOTSTUFF

APRIL

5 Training Team Meeting	6:00 - 8:00 PM	Room 6	△
9 Tactical Communications	8:00 - 11:00 AM	Amphitheater	CERT
14 Citizen Corps Symposium	2:30 - 9:00 PM	Fire Admin.	△
15-16 Citizen Corps Symposium	8:00 AM - 5:00 PM	Seville Golf Club	△
19 Silent Shoulder Card Making	6:00 - 9:00 PM	Switzer Residence	△
21 Special Projects Team Meeting	9:00 - 10:30 AM	Joe's Coffee Shop	△
30 Walk for Water Safety	8:30 - 11:00 AM	Amphitheater	△, Public
30 Volunteer Appreciation Evening	7:00 PM	SE Librry	GFD, CERT, FC

MAY

2 Operations Support Team Meeting	6:30 - 8:00 PM	Room 6	△
14 Community Assistance Quarterly Mtg.	9:00 - 11:00 AM	Bolero's	COM 251
16 Co-chairs Meeting	4:00 - 6:00 PM	Room 6	Co-chairs

Fire Administration will be closed May 30 for memorial Day



△ Open to CERT, FC, VIPS and USAonWatch Volunteers.
Register with Kim Yonda @ 480-503-6325 or kim.yonda-lead@gilbertaz.gov

*An up to the minute CERT/FC training calendar will be found at
<http://www.ci.gilbert.az.us/fire/volunteers.cfm>*